Are SEED OILS HARMING YOUR HEALTH?

Wed 12:35 pm +00:00, 23 Jul 2025 1

posted by Gordon

My guest, Healthy American Dr. Roopa Chari, explains how these commonly used oils may be harming your health without you even realizing it! From inflammation to potential links with chronic diseases, find out what you need to know, along with easy switches you can make today.

Gordon: I dae my fish n' chips in beef tallow and as Oor Wullie wid sae they're "fair braw."

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One Response to "Are SEED OILS HARMING YOUR HEALTH?"

Belyi says: 23 Jul 2025 13:30

I gave up using these years ago and then I discovered coconut oil for cooking, so I only use that and olive oil for salads or cold foods. All organic and cold pressed.

Although of course if I had access to UK fish and chips, I might make a concession once in a while! Perhaps it's just as well I can't have them.

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Events in the UK

Gary Fraughen Free Event in Glastonbury

Date: 12 October 2025
Time: 11:00 - 15:30
Location: The Assembly Rooms Glastonbury
More info

Author and speaker Gary Fraughen has a new book coming soon. "**Jesuit Cipher and the Shadows of the Grey Pope**" is well underway and due for print in late July. Gary will be doing a free talk and book promotion event on Sunday the 12th October in Glastonbury. Subscribe to Gary's newsletter for info on the new book and free talk as its released.

https://garyfraughen.co.uk/glastonbury-free-talk-12th-october-2025

+++ FREE EVENT +++

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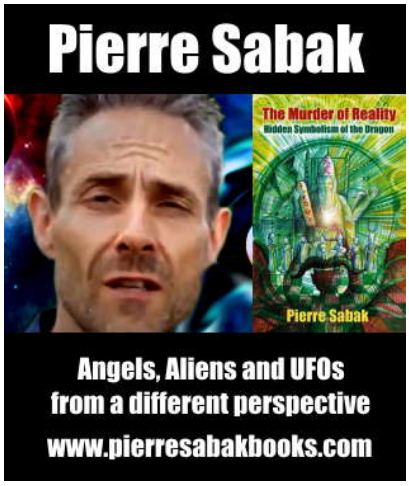

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